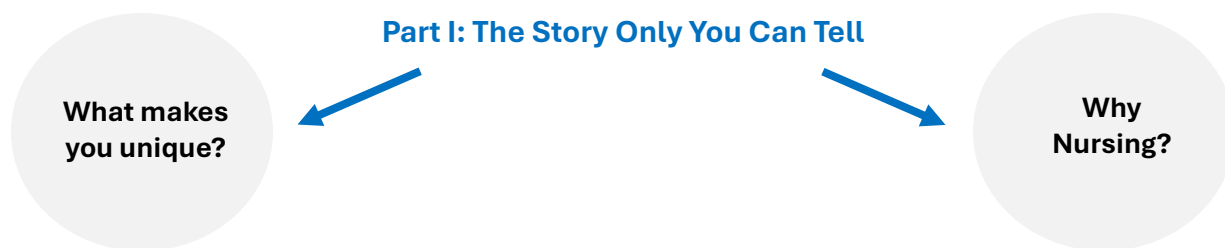


Personal Statement Brainstorming

*This worksheet is designed to accompany the Personal Statement Workshop. It will help you think critically and brainstorm your experiences to help strengthen your personal statement for the Traditional or Second Degree BSN application. It is intended for personal preparation and is **not** the actual application form.*



Part II: Experience Inventory

Reflect on experiences that have shaped you within the following categories.

Diversity & Inclusion

Engagement Outside of the Classroom

Life Experiences

Part III: What, So What, Now What?

Select one experience from your list above. Use that experience to complete the table below.

What? <i>Describe the experience</i>	So What? <i>Why does it matter?</i>	Now What? <i>How does this impact you?</i>

Part IV: Paragraph

Combine your insights into one compelling paragraph that explains and reflects on this experience.

Part V: My Story and My Why

Write down what the reader learned about you from reading your paragraph above.

Part VI: Paragraph

Choose one sentence to rewrite using more personal reflection.

Part VII: Where to Grow Next

Reflect on areas for continued growth as you prepare for your nursing journey. Was there any part of the personal statement prompt for which you don't have a strong example?

Write one or two goals you have for the future: